

TESTIMONIALS - 10 DAY PROGRAMME

Almost two weeks ago I was a complete wreck, over-emotional, angry, confused and irritable. Dr Jeeva suggested a Programme he has been running at Garden City Clinic.

During these sessions/talks I learned my depression was only a symptom of ADHD. It was a "light-bulb" moment. So many things began to make sense to me. I understood why certain situations and relationships in my life suffered and why I am the individual I am.

Dr Jeeva's Programme has been a saving grace for me. I now have the knowledge to manage my condition correctly.

I am still a 'normal' person who just has abilities to do things differently, to live and handle relationships differently.

I've been taught how to release anger and all negativity from within me. This has already helped me repair damaged relationships. I know it won't happen overnight but my visions from now on are positive.

I've met wonderful people with similar situations in the Programme. It brings me intense joy watching them become happier, stronger and be more positive individuals.

Thank you to Dr Jeeva and his support team in helping us find our true selves.

Don't search for strength, it's already within you.

Miss Pooja Singh

Dr Jeeva's Programme was fantastic! Before I arrived on the Programme I was feeling very stressed out and anxious.

During my 10 days in Garden City Clinic, the best nurses and doctors helped me cope and get better and stronger each day.

Leaving the hospital I am more relaxed and feeling refreshed. Thank you for all your help and support.

Mark Anthony

On the 19th of May, I was admitted to Garden City Clinic. I had a very memorable stay on Dr Jeeva's Programme. He made me feel very welcomed and had a lot of fun with my roommates. I learnt a lot out of the 10 day Programme. I would like to thank the staff members and best of all Dr Jeeva for helping me feel better.

Tarryn De Klerk

It was on the 17th of May 2011 when I was totally depressed and thought to myself "Life is worthless". So I had to do something about it. The next thought led to an overdose. I was planning on ending it before it even started. But I woke up with the nurses around me, I was unconscious. A 16 year old who is depressed. Surely I needed help to recover, a new start and a life free from stress so I could concentrate more on my academic work. My answer was there and he found me, healed me so that I could face life. Today I know how to handle things, look at a brighter side to things and the thought of suicide is no more. Thanks to the Psychiatrist Dr Shabeer Jeeva. Thank you!

Constance Msimango

The programme has helped in addressing my needs and problems. I come in here with an attention and focusing problem mainly, and I had an extremely wandering mind. Today as I leave the Programme I feel a great improvement in those areas. Now I have the confidence to tackle other problematic areas in my life.

Mr SC Bidla

Thanks to Dr Jeeva and staff of Netcare for taking care of me while my stay at Garden City Clinic. The 10 day programme helped me to deal with my issues. The group sessions helped a lot, it showed us that you are not the only one going through stuff.

I would like to take this opportunity to thank Dr Jeeva and everyone in the group for assisting in my wellbeing.

Thank you.

Jacob Nhlapo

When I was diagnosed with ADHD, I was afraid and anxious about how I would independently live the rest of my life. Dr Jeeva's 10 day programme helped give me a new outlook on living with ADHD, not forgetting to mention that the experience was exhilarating.

The therapy sessions allow you to express how your life has been changed by ADHD, with a positive feedback. Useful life lessons to live with ADHD are taught with the use of resources and facilities are up to standard. In a nutshell, Dr Jeeva's 10 day programme is the most sophisticated recovery and life changing experience for those living with ADHD.

Mrs Oageng Lekabe